



## Grilled Parmesan Asparagus and Mushrooms

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

### Ingredients

- 1 lb asparagus fresh
- 6 oz portabello mushrooms fresh sliced
- 0.3 cup balsamic vinaigrette
- 2 tablespoons basil fresh chopped
- 0.3 cup parmesan fresh shredded

### Equipment

- grill
- wok

## Directions

- Heat coals or gas grill for direct heat. In large shallow dish, toss asparagus, mushrooms and dressing.
- Place vegetables in grill basket (grill "wok").
- Cover and grill vegetables over medium heat 8 to 12 minutes, shaking basket or stirring vegetables occasionally, until asparagus is crisp-tender.
- Sprinkle vegetables with basil and cheese. Cover and grill 3 to 4 minutes longer or until cheese is slightly melted.

## Nutrition Facts

**PROTEIN 19.26%** **FAT 56.03%** **CARBS 24.71%**

## Properties

Glycemic Index:32.25, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:12.354782690173%

## Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

## Nutrients (% of daily need)

Calories: 110.85kcal (5.54%), Fat: 7.31g (11.25%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 4.31g (1.57%), Sugar: 3.74g (4.15%), Cholesterol: 4.25mg (1.42%), Sodium: 239.01mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin K: 51.43µg (48.98%), Vitamin A: 958.85IU (19.18%), Folate: 71.99µg (18%), Copper: 0.34mg (17.09%), Selenium: 11.93µg (17.04%), Vitamin B3: 3.05mg (15.23%), Phosphorus: 148.83mg (14.88%), Iron: 2.64mg (14.67%), Vitamin B2: 0.24mg (13.92%), Vitamin B1: 0.19mg (12.67%), Fiber: 2.95g (11.8%), Potassium: 392.55mg (11.22%), Manganese: 0.22mg (11.06%), Calcium: 105.73mg (10.57%), Vitamin E: 1.31mg (8.74%), Vitamin B6: 0.17mg (8.67%), Vitamin B5: 0.83mg (8.26%), Vitamin C: 6.53mg (7.92%), Zinc: 1.02mg (6.78%), Magnesium: 19.27mg (4.82%), Vitamin B12: 0.1µg (1.6%), Vitamin D: 0.16µg (1.06%)